## I CLAIM:

1 1. A wall structure having an above ground wall, said wall structure comprising in 2 combination: 3 a) a plurality of footings disposed at least partially in the ground at each end of said wall; 4 5 b) said wall including a lintel receiving support at each end from said footings and a plurality of courses extending upwardly form said lintel; 6 7 c) at least one tensioning rod extending upwardly from said lintel into said wall; 8 and 9 d) at least one further tensioning rod extending upwardly from within each footing 10 and adapted for resisting tilting of said wall. 2. 1 The wall structure as set forth in Claim 1 including a plate disposed on each of 2 said footings for supporting an end of said lintel. 1 3. The wall structure as set forth in Claim 1 including a post extending from each of 2 said footings, said at least one further tensioning rod extending upwardly into said post, said post 3 including a vertical slot for receiving an end of said wall. 1 4. The wall structure as set forth in Claim 3 including a plate disposed on each of 2 said footings for supporting said post and said lintel.

1	5.	The wall structure as set forth in Claim 4 wherein an end of said lintel extends	
2	into said slot of said post.		
1	6.	The wall structure as set forth in Claim 3 including at least one rebar disposed	
2	longitudinally	within said lintel and grout for imbedding said rebar and a lower end of said	
	tensioning rod within said lintel.		
3	tensioning foc	i within said finter.	
1	7.	The wall structure as set forth in Claim 1 wherein said lintel is generally C-shaped	
2	in cross section	on.	
1	8.	The wall structure as set forth in Claim 7 wherein said lintel includes a	
2	longitudinally	oriented upwardly facing opening.	
1	9.	The wall structure as set forth in Claim 8 wherein said tensioning rods extend	
2		ough said opening.	
2	upwardry tino	ugn salu opening.	
1	10.	The wall structure as set forth in Claim 1 wherein said at least one further	
2	tensioning roo	l extends upwardly within said wall at one end thereof.	
1	11.	The wall structure as set forth in Claim 10 wherein said further tensioning rod	
2	extends through	gh said lintel.	

I	12.	The wall structure as set forth in Claim 10 including a plate disposed on each of	
2	said footings for supporting an end of said lintel.		
1	13.	The wall structure as set forth in Claim 10 including at least one rebar disposed	
2	longitudinally	within said lintel and grout for imbedding said rebar and a lower end of said	
3	tensioning rod within said lintel.		
1	14.	The wall structure as set forth in Claim 10 wherein said lintel is generally	
2	C-shaped in c	ross section.	
1	15.	The wall structure as set forth in Claim 14 wherein said lintel includes a	
2	longitudinally	voriented upwardly facing opening.	
1	16.	The wall structure as set forth in Claim 15 wherein said tensioning rods extend	
2	upwardly thro	ough said opening.	
1	17.	The wall structure as set forth in Claim 1 wherein said courses comprise concrete	
2	masonry units	5.	
1	18.	The wall structure as set forth in Claim 1 wherein said courses comprise bricks	
2	having at least one passageway therethrough.		

1	19.	A method for constructing an above ground wall, said method comprising the
2	steps of:	
3		a) developing a footing at least partially in the ground at each end of the wall to be
4	built;	
5		b) providing support for each end of a lintel from the footings;
6		c) laying a plurality of courses upon the lintel to form the wall;
7		d) installing a plurality of tensioning rods extending from within the lintel
8	upwardly into the wall during exercise of said step of laying;	
9		e) locating the lower end of at least one further tensioning rod with each footing
10	during exercise of said step of developing; and	
11		f) penetrably engaging the at least one further tensioning rod with one end of the
12	wall during e	xercise of said step of laying.
1	20.	The method as set forth in Claim 19 including the step of placing a plate on each
2	footing for su	pporting the lintel.
1	21.	The method as set forth in Claim 19 wherein said step of laying includes the step
2	of laying cond	crete masonry units.
1	22.	The method as set forth in Claim 19 wherein said step of laying includes the step
2	of laying bric	ks.

1	23.	A method for constructing an above ground wall, said method comprising in
2	combination:	
3		a) developing a footing at least partially in the ground at each end of the wall to be
4	built;	
5		b) installing at least one tension rod to extend upwardly from each footing;
6		c) placing a plate on each footing;
7		d) building a post on each plate with blocks to provide a vertical cavity for
8	receiving the at least one tensioning rod and to provide a vertical slot for receiving an end of the	
9	wall to be built;	
10		e) placing a lintel on each of the plates to locate the ends of the lintel in the slots
11	of the respective posts and above ground;	
12		f) laying a plurality of courses upon the lintel, each of the courses extending into
13	the slots of th	e respective one of the posts; and
14		g) installing a plurality of tensioning rods extending from within the lintel
15	upwardly into	the wall during exercise of said step of laying.
1	24.	The method as set forth in Claim 23 wherein said step of laying includes the step
2	of laying cond	crete masonry units.
1	25.	The method as set forth in Claim 23 wherein said step of laying includes the step
2	of laying brick	ks.

1 A wall structure having an above ground wall, said wall structure comprising in 2 combination: 3 a) a plurality of footings disposed at least partially in the ground at each end of 4 said wall; b) said wall including a lintel receiving support at each end from said footings and 5 6 a plurality of courses extending upwardly form said lintel; c) at least one rod extending upwardly from said lintel into said wall; 7 8 d) a post extending from a respective one of said plurality of footings for 9 supporting an end of said wall, said post including a vertical slot for receiving the corresponding 10 end of said wall; and 11 e) at least one further rod extending upwardly from within each a respective one 12 of said plurality of footings into the respective one of said posts and adapted for resisting tilting 13 of said post. 1 27. The wall structure as set forth in Claim 26 including a starter course disposed on 2 the respective one of said plurality of footings for supporting an end of said lintel. 1 28. The wall structure as set forth in Claim 26 including at least one rebar disposed 2 longitudinally within said lintel and grout for imbedding said rebar and a lower end of said rod 3 within said lintel.

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1	29.	The wall structure as set forth in Claim 26 wherein said lintel is generally C-
2	shaped in cross section.	
1 2	30. longitudinally	The wall structure as set forth in Claim 29 wherein said lintel includes a variented upwardly facing opening.
1 2	31. through said o	The wall structure as set forth in Claim 30 wherein said rods extend upwardly opening.
1	32.	A method for constructing an above ground wall, said method comprising in
2	combination:	a) developing a footing at least partially in the ground at each end of the wall to be
4	built;	
5		b) installing at least one rod to extend upwardly from each footing;
6		c) building a post on each footing with blocks to provide a vertical cavity for
7	receiving the at least one rod and to provide a vertical slot for receiving an end of the wall to be	
8	built;	
9		d) locating the ends of a lintel in the slots of the respective posts and above
10	ground;	
11		e) laying a plurality of courses upon the lintel, each of the courses extending into
12	the slots of the respective one of the posts; and	
13		f) installing a plurality of rods extending from within the lintel upwardly into the

- wall during exercise of said step of laying.
- 1 33. The method as set forth in Claim 32 wherein said step of laying includes the step 2 of laying concrete masonry units.
- 1 34. The method as set forth in Claim 32 wherein said step of laying includes the step of laying bricks.